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Try a brain break with your students today!

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## Slap Count

Face each other with your palms up.

Person A should take their right hand and cross over and hit person B's right hand and say 1

Then person A should take their left hand and cross over and hit person B's left hand and say 2

Person B does the same except says 3 and 4.

This repeats until you reach 30.

### Variations

Go up by 3's 5's, or any number.

Start at a number and go down by another number (like start at 34 and go down by 3's)

Start at one and double each number

Each person spells their own name or any other vocabulary from class

Make a pattern like the left hand always adds 2 and the right hand always adds 3

Each person spells a word and each tries to figure out the other person's word.

Thanks to [Jean Blaydes Madigan](#) for this idea

## Rocks, Paper, Scissors, Math

- You can only use the numbers 1, 2, 3 or 4
- You can't use your thumb as a number
- You must hold your hand flat
- The first person to add the numbers together wins that round.
- Have students play the best of 5 rounds.
- Variations are that one person is negative, both are negative, or multiply the numbers.

## Hook Ups

### One person should

Clap and miss

Thumbs down

Hands together

Scoop the ice cream (like pictured)

### The other person should

Point out a finger or thumb for the other person to move (don't touch the finger)

Try pointing to a few fingers before switching roles

This Brain Break crosses the mid-line of your body and helps both sides of your brain work together.

Thanks to [Jean Blaydes Madigan](#) for this idea.

## Passing Out Papers

Teachers STOP passing out papers. Instead, let's have our students pass out papers. Actually, have our students throw out the papers into the air to the rest of the class. Pick a student at random, and have him/her throw the papers into the air (not at other students) and all of the papers go everywhere. Most students will quickly get up and go over and get their paper. If it is a worksheet, they just have to go over and pick up one. Some students will want to ask other students to get their paper. Try and encourage all to get out of their seats. It promotes a good movement brain break.

\*\*For tests and quizzes, I still encourage teachers to pass out these.

Thanks to [Pat Quinn](#) for this idea

## Paper Twirling

Take the paper with your palm up in one hand.

Keep it at waist height.

Twirl it around your back and catch (don't grab) it with the other.

When the paper is in your hand, keep your palm up.

Twirl (go around and around) as fast as you can.

Switch directions.

## "Say 21 and WIN"

Here are the rules...

The object is to say 21 and win.

You have the option when it is your turn to say the next consecutive number or two.

For example.... I go first

I say 1

You can say 2 or 2...3. You say 2.

Then I can say 3 or 3...4. I say 3 ... 4 and so on until someone says 21 and wins.

If I start with 1...2.

You can say 3 or 3...4

And so on. The person who says 21 wins. For a change, make the person who says 21 the loser.

There is a strategy and some kids get it right away.

Thanks to Susan McKay for this idea.

## Finger Aerobics

Stand up

Lift both hands with four fingers up on each hand.

Move the pointer on one hand and the pinkie on the other.

Now move the tall finger on one hand and the ring finger on the other.

Next move the ring finger on one hand and the tall finger on the other.

Now move the pinkie on hand and the pointer on the other.

Keep doing this over and over to make a rippling effect.

This forces both sides of your brain to work together.

Try this for 30-40 seconds.

## The Wave

This activity is just what you think it is. It is creating a wave of some sort through your class.

Designate a person to be the leader.

Have a student stand up and take both hands from one side of their body, over their head to the other side of their body to create the "Wave".

This is one part of the wave. Each student will continue to do this until all have "Waved"

The leader must make sure everyone knows the order.

The leader should start the "Wave" as well as direct it.

Tell the class that they will need to work together to pass your (the teacher's) satisfaction.

The class can have the wave go in a circle or back and forth.

It works on all the elements that we like in a Brain Break:

Crossing the mid-line, standing up, teamwork, and of course movement.

## Different Direction Circles

Have your students spin their right arm in a forward circle with their arm parallel to the ground.

Think of the circle you are making as following the outline of a marching band drum. Now have them take their left hand and make a backward circle overlapping their right hand. Their hands should overlap each other but never touch. When they have done this, tell them to start their left hand spinning and their right hand overlap the left. It is really difficult to do. Most will be able to do one or the other. Also have the speeds change.

## Infinity (Choir Director)

Make an infinity symbol with your right hand out in front of you.

Stop your finger on the far right side of the infinity sign.

Lift your left hand to be at the far left side of the infinity sign.

Now move your hands at the same time and there same pace in the same direction to continue your infinity sign.

Your hands should cross the middle at the same time.

This one seems easy at first. Then you try to do it backwards ... WOW that is difficult. This crosses the mid-line and really makes you think.

## Figure Eights

Have a book or spiral in your hand.

While bending your knee a little, take the spiral and put it through your legs.

Grab it with the other hand and then push it around the outside your leg and put it back through your legs.

Finish your figure eight. Try to go as fast as you can. Now switch directions.